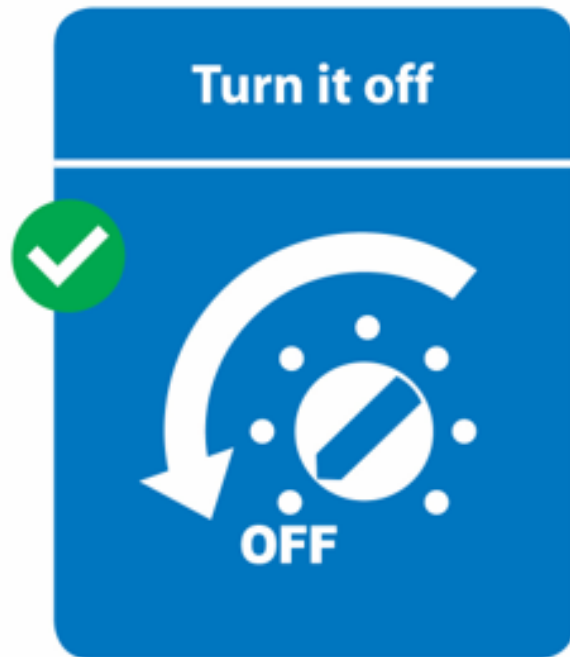




Good habits, safer kitchen

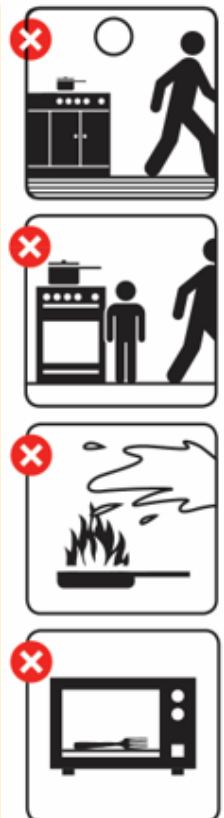


It is important not to get distracted when cooking. It only takes a moment for a hot pan or grill tray to catch fire.

- ✗ Avoid leaving pans unattended. Stand by your pan and take it off the heat if you need to leave the room.
- ✗ Never leave a child unattended when cooking.
- ✗ Avoid cooking when tired or if you have had alcohol.
- ✓ When you have finished cooking, ensure the oven is turned off.
- ✓ Use a thermostat when deep fat frying.

Good habits to reduce the risk of fire in the home.

- ✓ Keep the oven, hob and grill clean.
- ✗ Never use water on a hot oil or chip pan fire.
- ✓ Check toasters are clean and away from flammable materials.
- ✓ Ensure when toasters are being used, they are clear of overhead units.
- ✓ Keep your microwave clean and do not put metal in it.
- ✓ Keep electrical leads, tea towels and clothes away from the cooker.
- ✓ Turn off electrical appliances when they are not in use.



If a pan does catch fire, do not take risks – GET OUT, STAY OUT AND CALL 999